

**ACTIVE DYNAMIC WARM-UP**

20 Minutes	<b>Exercise</b>					
	<b>Pillar Prep <sup>1</sup></b>	<b>Circuit</b>	<b>Time</b>	<b>Distance</b>	<b>Reps</b>	<b>Rest</b>
	<a href="#">Plank on Elbows</a>	4	15 sec.			
	<a href="#">Side Plank (right)</a>	4	15 sec.			
	<a href="#">Bridge</a>	4	15 sec.			
	<a href="#">Side Plank (left)</a>	4	15 sec.			
	<b>Movement Prep</b>	<b>Sets</b>	<b>Time</b>	<b>Distance</b>	<b>Reps</b>	<b>Rest</b>
	<a href="#">World's Greatest Stretch</a>				1	
	<a href="#">Reverse Lunge</a>				6 ea side	
	<a href="#">Lateral Squat</a>				6 ea side	
	<a href="#">PVC Pipes</a>				5 each	

  

<b>Exercise</b>					
<b>Battle Ropes <sup>2</sup></b>	<b>Circuits</b>	<b>Time</b>	<b>Distance</b>	<b>Reps</b>	<b>Rest</b>
<a href="#">Alternating Waves</a>	2	30 sec.			30 sec.
<a href="#">Large Waves</a>	2	30 sec.			30 sec.
<a href="#">Power Jaks</a>	2	30 sec.			30 sec.

  

Note <sup>1</sup>: "Pillar Prep" is a circuit program = (Perform: "Prone on Elbows", then "Side Supine Bridge (right)", then "Supine Bridge", then "Side Supine Bridge (left)". Then repeat circuit.

  

Note <sup>2</sup>: "Battle Ropes" is a circuit program = (Perform: "Alternating Waves", then "Double Waves", then "Power Jaks". Then repeat circuit.

**ELASTICITY and STRENGTH**

20 Minutes	<b>Exercise</b>					
	<b>Elasticity</b>	<b>Sets</b>	<b>Time</b>	<b>Distance</b>	<b>Reps</b>	<b>Rest</b>
	<a href="#">Box Jumps</a>	2			6	30 sec.
	<a href="#">Hurdle Jumps</a>	2			6	30 sec.
	<b>Strength circuit #1</b>	<b>Circuits</b>	<b>Time</b>	<b>Distance</b>	<b>Reps</b>	<b>Rest</b>
	<a href="#">Bar Bell Bench Press</a>	2			5-8	
	<a href="#">Bent Over Rows</a>	2			5-8	
	<a href="#">Goblet Squat</a>	2			5-8	
	<b>Strength Circuit #2</b>	<b>Circuits</b>	<b>Time</b>	<b>Distance</b>	<b>Reps</b>	<b>Rest</b>
	<a href="#">Incline Alt DB Press</a>	1			5-8 each side	
	<a href="#">Standing Row</a>	1			5-8 each side	
	<a href="#">Split Squat</a>	1			5-8 each side	

  

<b>Exercise</b>					
<b>Strength Circuit Alt#1 - TRX</b>	<b>Circuits</b>	<b>Time</b>	<b>Distance</b>	<b>Reps</b>	<b>Rest</b>
<a href="#">Push up Pike</a>	2			5-8	
<a href="#">Body Weight Row</a>	2			5-8	
<a href="#">Jump Squat</a>	2			5-8	
<b>Strength Circuit Alt#2 - TRX</b>	<b>Circuits</b>	<b>Time</b>	<b>Distance</b>	<b>Reps</b>	<b>Rest</b>
<a href="#">TRX Chest Press/ or Push Up</a>	2			5-8	
<a href="#">T-Fly</a>	2			5-8	
<a href="#">Balance Lunge</a>	2			5-8	

  

Note: "Strength" #1 and #2 are a circuit programs to be completed sepearately.

**CONDITIONING**

15 Minutes	<b>Exercise</b>					
	<b>ESD</b>	<b>Sets</b>	<b>Time</b>	<b>Distance</b>	<b>Reps</b>	<b>Rest</b>
	<a href="#">Versa-Climber</a>		10-20 sec.		5-12	30-60 sec.
	<a href="#">Tread Mill</a>		10-20 sec.		5-12	30-60 sec.
	<a href="#">Box Drill</a>				5-12	30 sec.

  

<b>Exercise</b>					
<b>ESD</b>	<b>Sets</b>	<b>Time</b>	<b>Distance</b>	<b>Reps</b>	<b>Rest</b>
<a href="#">"T" Drill</a>				5-12	30-60 sec.
<a href="#">Sleds</a>		10-20 sec		5-12	30-60 sec.
<a href="#">Prone 5-10-5 Drill</a>				5-12	30-60 sec.

  

Note: "ESD" Is a high intensity, maximal effort, anaerobic interval training. Choose 1 exercise modality. The work ratio is 10 to 20 seconds while the rest ratio is 30 to 60 seconds. Slowly progress the number of repetitions as tolerated.

**RECOVERY**

5 Minutes	<b>Exercise</b>					
	<b>Recovery <sup>3</sup></b>	<b>Sets</b>	<b>Time</b>	<b>Distance</b>	<b>Reps</b>	<b>Rest</b>
	Foam Roller					
	• <a href="#">Supine</a>		30 sec.			
	• <a href="#">Glutes</a>		30 sec.			
	• <a href="#">Hamstring</a>		30 sec.			
	• <a href="#">Calves</a>		30 sec.			
	• <a href="#">Inner Thigh</a>		30 sec.			
	• <a href="#">Chest/Shoulders</a>		30 sec.			
	• <a href="#">IT Bands</a>		30 sec.			

  

<b>Exercise</b>					
<b>Stretches <sup>3</sup></b>	<b>Sets</b>	<b>Time</b>	<b>Distance</b>	<b>Reps</b>	<b>Rest</b>
<a href="#">Calves and Hamstrings</a>		30 sec.			
<a href="#">Hipflexors and Quads</a>		30 sec.			
<a href="#">Adductors</a>		30 sec.			
<a href="#">Hip Rotation and Posterior</a>		30 sec.			
<a href="#">Bretzel</a>		30 sec.			
<a href="#">90/90 Shoulder</a>		30 sec.			

  

Note <sup>3</sup>: "Recovery" & "Stretches" should be performed individually. Make sure to focus on the most tender points in each area. Recovery should be performed on your own.